

Sacroiliac Joint Dysfunction (SIJ Dysfunction)



What is Sacroiliac Joint Dysfunction?

The **sacroiliac joints** are located at the **base of the spine**, connecting the **sacrum** (triangular bone at the bottom of the spine) to the **pelvis**.

Sacroiliac joint dysfunction occurs when these joints **move too much or too little**, causing **pain in the lower back, buttock, or legs**.

Causes

- **Trauma or injury** (fall, car accident)
- **Pregnancy** or childbirth (hormonal changes and pelvic stress)
- **Repetitive movements** or heavy lifting
- **Arthritis** affecting the sacroiliac joint

- **Postural imbalances** or leg length differences
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Symptoms

- Pain in the **lower back, buttocks, or hip**
 - Pain may radiate to the **thigh or groin**
 - Stiffness in the lower back or pelvis
 - Pain aggravated by:
 - Standing on one leg
 - Walking or climbing stairs
 - Turning in bed
 - Feeling of **instability** in the pelvis
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Diagnosis

- **Medical history** and physical examination
 - **Special tests** for sacroiliac joint movement and pain
 - **Imaging** (X-ray, MRI, or CT scan) if needed to rule out other causes
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Treatment

Most cases improve with **conservative treatment**:

1. Activity Modification

- Avoid movements that worsen pain
- Use proper **lifting techniques**

2. Pain Relief

- Ice or heat packs on the lower back or buttocks
- Painkillers or anti-inflammatory medications (as advised by your doctor)

3. Physiotherapy

- Strengthening exercises for **core, glutes, and pelvic muscles**
- Stretching tight muscles around the lower back and hips

- Improving posture and movement patterns

4. Other Treatments

- **Support belts** for the pelvis may help in acute pain
- **Injections** (corticosteroid) for persistent pain
- **Surgery** is rarely needed

Sacroiliac Pain Rehabilitation Exercises



Hamstring stretch on wall



Quadriceps stretch



Hip adductor stretch



Isometric hip adduction



Gluteal sets



Lower trunk rotation



Single knee to chest stretch



Double knee to chest



Resisted hip extension

Self-Management Tips

- Maintain **good posture** while sitting and standing
 - Avoid prolonged **sitting or standing** in one position
 - Use supportive **chairs and mattresses**
 - Gradually return to activity as pain allows
 - Keep a **pain diary** to track triggers
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When to See Your Doctor

Seek advice if:

- Pain persists or worsens despite conservative management
 - Numbness, tingling, or weakness in the legs
 - Loss of bladder or bowel control
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Prognosis

- Most people improve with **physiotherapy and activity modification**
 - Symptoms may flare up with **increased activity or poor posture**
 - Early intervention improves recovery and function
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References:

- NHS: Sacroiliac joint pain
- British Journal of Sports Medicine: *Sacroiliac joint dysfunction guidelines*